



Follow the F.I.T.T. Exercise Principles to Better Health

So you know that you're supposed to exercise, but you're just not sure where to start. Getting started can be tough, but it shouldn't be a reason to put off exercise completely. By following the F.I.T.T. exercise principles, you'll have simple guidelines to help you along the way.

F.I.T.T. stands for Frequency, Intensity, Time and Type. It gives you a set of rules to help you get the most out of your workouts. Check out the guidelines below to help you achieve results, avoid boredom and stay focused.

1. Frequency: How often you exercise: 3 – 5 times per week is the recommended range to improve general fitness. You may gain additional benefits if you engage in exercise more frequently, but 3 – 5 times per week will provide you with maximum cardiovascular benefits. **To Change Frequency:** As you progress, add an additional day of exercise.

2. Intensity: How hard you work during exercise: Intensity is one of the most important ways to determine if you are exercising at a level that benefits your heart. As intensity increases, your heart works harder to get more oxygen to the muscles. In general, this means exercising at a level where your heart is beating between 50% and 85% of your maximum heart rate. To calculate your maximum heart rate, use this formula: $(220 - \text{your age}) = \text{predicted maximum heart rate}$. Target Heart Rate (THR) zones include:

- Low Intensity (50% to 70%): A good warm up or for beginners because it helps you develop aerobic fitness for more intense exercise.
- Moderate Intensity (70% to 80%): Kicks up the intensity, improving your body's ability to transport oxygen throughout the body, condition your heart and burn more calories.
- High Intensity (80% to 90%): Takes you out of your comfort zone and allows you to burn more calories.
- Maximum Effort (90% to 100%): Means you're working as hard as you can. Most people can only sustain this level for a short period, making this more appropriate for advanced exercisers.

Need some help getting started?

- It can be tough to figure out an exercise routine on your own! So make it easy on yourself and talk to a professional.
- A personal Health Coach can help you create a plan to start adding exercise to your every day routine. To learn more about Health Coaching, visit iLiveLifeWell.com or call Healthways at (877) 292-1373.

To Change Intensity: To improve cardiovascular fitness, increase your THR Zone.

3. Time: How long you exercise: To achieve the greatest cardiovascular benefit, your workout should contain at least 20 minutes of aerobic activity per exercise session. Cardiovascular benefits continue to increase up to 60 minutes. Beyond 60 minutes of activity, cardiovascular benefits start to level off, and the risk of injury increases. **To Change Time:** Add an extra 5 – 10 minutes to your routine each week.

4. Type: What type of exercise/activity you're doing: Types of cardiovascular fitness exercises include rhythmical, repetitive activities that involve large muscle groups and are performed over prolonged periods. The list of activities that fall into this category can include walking, cycling, swimming, jogging and aerobic classes. **To Change Type:** If you started out by just walking, change it up and add a day of strength training or swimming.

F.I.T.T.	CARDIO TRAINING		STRENGTH TRAINING
Frequency	Beginner	3 – 5 days per week	Rest each joint area and muscle group 48 – 72 hours between workouts. Intensive workouts may require extended rest intervals.
	Moderate to High	5 – 7 days per week	
Intensity	Beginner	Less than 145 beats per minute	<ul style="list-style-type: none"> • 1 – 3 sets/ 15 – 20 repetitions per exercise • Lighter weights, more repetitions
	Moderate to High	145 – 186 beats per minute	<ul style="list-style-type: none"> • 1 – 3 sets/ 6 – 15 repetitions per exercise • Heavier weights, fewer repetitions
Time	Beginner	20 – 30 minutes	As long as it takes to complete 1 – 3 sets of repetitions based on your experience level
	Moderate to High	30 – 60 minutes	
Type Of Exercise	Any continuous aerobic, rhythmic movements. For example: walking, cycling, aerobics, stair climbing, dancing, rowing, swimming, running, yard work, etc		Any resistance exercise. For example: weight machines, free weights, pilates machines, resistance bands, manual resistance, etc.